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Your essential daily news | TUESDAY, JUNE 28, 2016

High 26°C /Low 14°C Chance of showers

Three amigos landing in Ottawa this week to discuss North American trade — and maybe cookies metroNEWS

Police board votes for more transparency

OVERSIGHT

Committee meetings to be made public after review

Joe Lofaro
Metro | Ottawa

The Ottawa Police Services Board is now one of the very few municipal police oversight bodies in the country to make their committee meetings public in a bid to become more transparent.

On Monday, the board voted in favour of making some of the dealings of its four committees public after meeting in secret for years.

The police oversight body — made up of city councillors and members of the public — has four committees: The complaints committee, finance and audit committee, human resources committee, and policy and governance committee.

The board approved to advertise the time, date and location of committee meetings on its website and to provide a list of discussion topics, except for in-camera items. The board also voted to provide an update on those meetings at its regular board meetings and to include the minutes on board agendas.

However, certain meetings and minutes that are held in camera will not be public.

The board reviewed its procedures after an April report by CBC News.

Before coming to the decision on Monday, staff surveyed 15 police boards across Canada and found that the Niagara Police Services Board was the only one that advertises the agenda two days before the meeting and publicizes committee meeting minutes.

metro NEWS

Your essential daily news

Cameron tries to re-assure Brits as credit rating falls, and intolerance rises. **World**

Bakery ready for leaders' summit

MOULIN DE PROVENCE

Shop will have special cookies in honour of the 3 leaders

Emma Jackson
Metro | Ottawa

Maxime Lemay, store manager at Moulin de Provence bakery in the market, sells cookies for Justin Trudeau alongside the famous "Obama cookie." He'll make one for the Mexican president by Wednesday, too. EMMA JACKSON/METRO

Here's hoping the president wants seconds.

Staff at the Moulin de Provence bakery in the ByWard Market are busy baking as many maple leaf cookies as they can in the hopes U.S. President Barack Obama will pop in during the Three Amigos summit.

It's not an impossible dream.

The U.S. leader last visited the capital in February 2009, and surprised customers and staff alike when he dropped into the downtown bakery for a treat.

He chose the most Canadian thing in the store: a maple leaf shortbread cookie, painted red, with "Canada" iced in white.

Ever since, the cookies have been named for him. They're a huge tourist trap: store manager Maxime Lemay said the large display gets photographed constantly.

And the store is littered with poster prints of the president's visit.

"It's not very often that the president of America is coming in a public store," Lemay said. "He stopped by Parliament Hill to meet the prime minister, and he stopped here to have a cookie. It's kind of special."

This time around, if he drops in again, the bakery will be ready.

Lemay is designing a massive maple leaf cookie featuring the flags and faces of the three North American leaders for display on Wednesday.

Staff will also give away smaller shortbread cookies featuring Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto. Of course, there will be plenty of Obama cookies to give away, too.

Lemay hopes it will be hard for Obama to ignore the store if he's nearby.

"He will see all the advertising that we do, and he will recognize the place," Lemay said.

But Lemay has competition from another shop owner hoping to serve the most powerful man in the world.

Claudio Fracassi, a.k.a. The Soup Guy. EMMA JACKSON/METRO

Claudio Fracassi, the face behind The Soup Guy store in the World Exchange Plaza, missed out on meeting Obama in 2009, despite creating a beef chili soup in his name.

Obama reportedly loves chili, and on the night of the historic 2008 election Fracassi "was so elated and happy" that Obama won he started concocting the special recipe right then.

"By 8 a.m. I had the soup ready," Fracassi said.

It was an immediate hit, and a menu regular ever since.

This month it's back full-time, and Fracassi hopes it's enough to draw the president to his shop.

"He could have come here, or to the market," Fracassi said. "Now, we're hoping that he comes here."

RCMP

Security to be ramped up at Parliament Hill

Joe Lofaro
Metro | Ottawa

Security for Wednesday's Three Amigos summit is expected to be heightened as U.S. President Barack Obama meets with Prime Minister Justin Trudeau and Mexican President Enrique Peña Nieto.

The RCMP are warning members of the public that movement in the parliamentary precinct will be limited.

RCMP spokeswoman Annie Deslisle said in an email to Metro there will be a "sufficient" police presence in the area as the Mounties are responsible for the security of Trudeau and the two visiting leaders.

Officers will be stopping members of the public during a 15-minute window as Obama arrives and leaves the parliamentary precinct after the summit.

"This means that any individual on the Hill at this time will have to stop completely wherever they are. There will be no movement in or out of Parliament Hill for this period. Police and security officers will ensure that this freeze occurs smoothly," said Delisle.

Ottawa police will also assist RCMP in providing security and directing traffic in the downtown core as the motorcades roll through.

"We work with our security partners and a security threat level dictates our threat assessment. Those threat assessments maintain at medium right now so that's one of the aspects we take into consideration in our plan," said Deputy Police Chief Jill Skinner.

With two large-scale events just days apart, Skinner said it will be "hugely challenging" for Ottawa police who will also have to maintain security as hundreds of thousands of people flock to the capital for Canada Day on Friday.

MAPPED | Road closures during Three Amigos event

Just as the sinkhole repairs come to a close, the city is bracing for more downtown traffic headaches on Wednesday during the Three Amigos summit.

However, a slew of roads in and around the ByWard Market, Parliament Hill and the airport will be closed to general traffic.

Between 8 a.m. and 7 p.m., Sussex Drive, Mackenzie Avenue, Alexandra Bridge, St-Patrick Street, George Street and Elgin Street northbound from Queen to Wellington are among the roads that will be affected by the stately visit.

As for the Parliament Hill area, the following roads will have closures or detours between 8 a.m. and 8 p.m.: Wellington Street eastbound at Lyon and westbound at Kent, Bank Street from Wellington to Queen, Queen Street between Bay and Elgin, and Metcalfe from Wellington to Albert.

Expect closures from the airport to the National Gallery of Canada between 8-11 a.m. and 4:30-8 p.m.

Get to know your Amigos

Haley Ritchie
Metro | Ottawa

Mexico's President Enrique Peña Nieto is in Canada for the North American leaders summit with Prime Minister Justin Trudeau and U.S. President Barack Obama. Here's your cheat sheet to the three North American leaders.

Enrique Peña Nieto

- **57th president** of Mexico, took office December 1, 2012
- **49 years old**, born in Atlacomulco, near Mexico City
- **Campaigned on an aggressive crackdown on drug cartels** and a promise to improve the economy in Mexico
- Peña Nieto has **publicly revealed he has had multiple affairs**, including fathering two children out of wedlock during his first marriage. His image was used on a Mexico City billboard in 2012 advertising adultery website AshleyMadison.com
- His wife is Angelica Rivera is a soap opera star on Mexico's television network Televisa
- **His likes to listen to Abba and Celine Dion**, according to a profile in The New York Times

Barack Obama

- **44th president of the United States**, took office **Jan. 20, 2009**
- This is Obama's last year as president. He will soon be replaced by presidential candidates Hillary Clinton or Donald Trump
- **In 2010 Obama introduced major health care reform in the United States**. The Patient Protection and Affordable Care Act, also known as Obamacare, made health insurance mandatory while trying to improve its affordability
- **Won a Nobel Peace Prize** in 2009
- Originally **born in Hawaii**, Obama spent some of his childhood in Indonesia and went to university in Chicago
- The Obama family has two Portuguese water dogs named Sunny and Bo
- Obama's **favourite sport is basketball**

Justin Trudeau

- **23rd Prime Minister of Canada**, took office **Nov. 4, 2015**
- Son of former Prime Minister Pierre Elliot Trudeau
- While his family is from Montreal, Trudeau is the first prime minister born in Ottawa. **He was delivered at the Civic Hospital on Christmas day, 1971**
- Trudeau is a **former high school teacher** and taught French, math and drama. He's also been a camp counsellor, white water rafting instructor, bungee jumping coach, snowboarding instructor and bouncer
- Former U.S. president **Richard Nixon foretold Trudeau's rise to power** in Ottawa on April 14, 1972. His mother and father were hosting a gala at the National Arts Centre where visiting Nixon said, "I'd like to toast the future prime minister of Canada, to Justin Pierre Trudeau"

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Para Transpo could add 6,000 riders

ACCESSIBILITY

If council OKs, more people would qualify to use service

Emma Jackson
Metro | Ottawa

Up to 6,000 more people could ride Para Transpo if city council agrees to new rules next month.

Transit commissioners voted Monday to expand the accessible transit service to all disabilities, including cognitive impairments and mental health conditions.

Right now only those with mobility problems can use it.

But staff don't know yet how this change will affect ridership, trip availability or the budget.

OC Transpo general manager John Manconi said they're waiting until 2017, when the new rules take effect, before they make budget requests.

"We'll see what the uptake is and work our way through it," Manconi said.

It's a huge variable: anywhere between 800 and 6,000 new clients, said systems manager Pat Scrimgeour.

For now, the extra costs can be accommodated inside Para's $33-million budget, but if the new clients overburden the system, staff will have to ask for more funding on an annual basis, Manconi said.

> We heard from the community that they wanted this.
> John Manconi

The important thing was making the service more equitable as soon as possible.

"We heard from the community that they wanted this," Manconi said. "We'll make adjustments down the road if we need to."

There's already some extra room in the budget, thanks to a renegotiated taxi coupon contract that freed up enough money for an extra 12,000 trips. Council also approved a budget increase for 5,000 more trips in 2015, said commission chairman Coun. Stephen Blais.

Para's new minibuses can also hold more people, and updated cancellation rules will hopefully mean fewer cancelled trips and more efficient dispatching, Manconi said.

The four residents who addressed the commission Monday all supported the expanded eligibility, but expressed concerns about a new plan to have health professionals process applications instead of OC Transpo staff.

Most people would get approved from their doctor's written application, but a handful could need an in-person assessment, too.

Linda Paul took umbrage with that.

"It's intrusive to question your doctor's recommendation," said Paul, who uses a motorized wheelchair.

Paul said she would not trust OC Transpo's contracted doctor to know about her rare disease and rule on her need for accessible transit.

But Blais said it's inappropriate to have OC Transpo staff making medical assessments.

"(They're) not medical professionals," he said.

Para Transpo won't be limited to clients with physical disabilities come 2017 if council approves new eligibility rules in July. EMMA JACKSON / METRO

STITTSVILLE

Where the streets have new names

New names are coming to Stittsville streets.

Earlier this year, Ottawa launched a project to rename several streets there because current names duplicate or sound like other streets in the city.

Affected streets include Bell Street, Goulbourn Street, Elm Crescent, Long Meadow Way and Meadowland Drive.

The city now has a list of suggested names, with ties to nature and aboriginal heritage as well as local heritage. They include Beluga, Bobcat, Groundhog, Moose, Polar Bear, and Sugar Shack.

The list of suggestions has been delivered to all affected residents on these streets, requesting they submit their preferences to the city by Monday, July 11.

Earlier this year, residents of these streets were informed that the existing street name would have to change.

Residents were asked to provide suggestions for a new street name. In addition, the city asked all residents of Stittsville to consider possible street names for affected streets.

JOHN CURRY / METROLAND MEDIA

BARRHAVEN

Celebration seeks sponsors

Barrhaven's Canada Day celebration could use some extra $6,000 worth of extra help, according to organizer Darrell Bartraw.

He said the fund for the $90,000 event was short $12,000 last week, but that he and fellow organizers were able to recover about $6,000 by cutting costs.

The changes — like featuring local bands instead of more expensive acts and cutting back on some background infrastructure like fencing in certain areas of Clarke Fields, where Mattamy Homes Canada Day in Barrhaven is to take place — are not likely to be noticed by revellers who attend.

Most of the July 1 event's attractions, Bartraw said, have already been booked for some time.

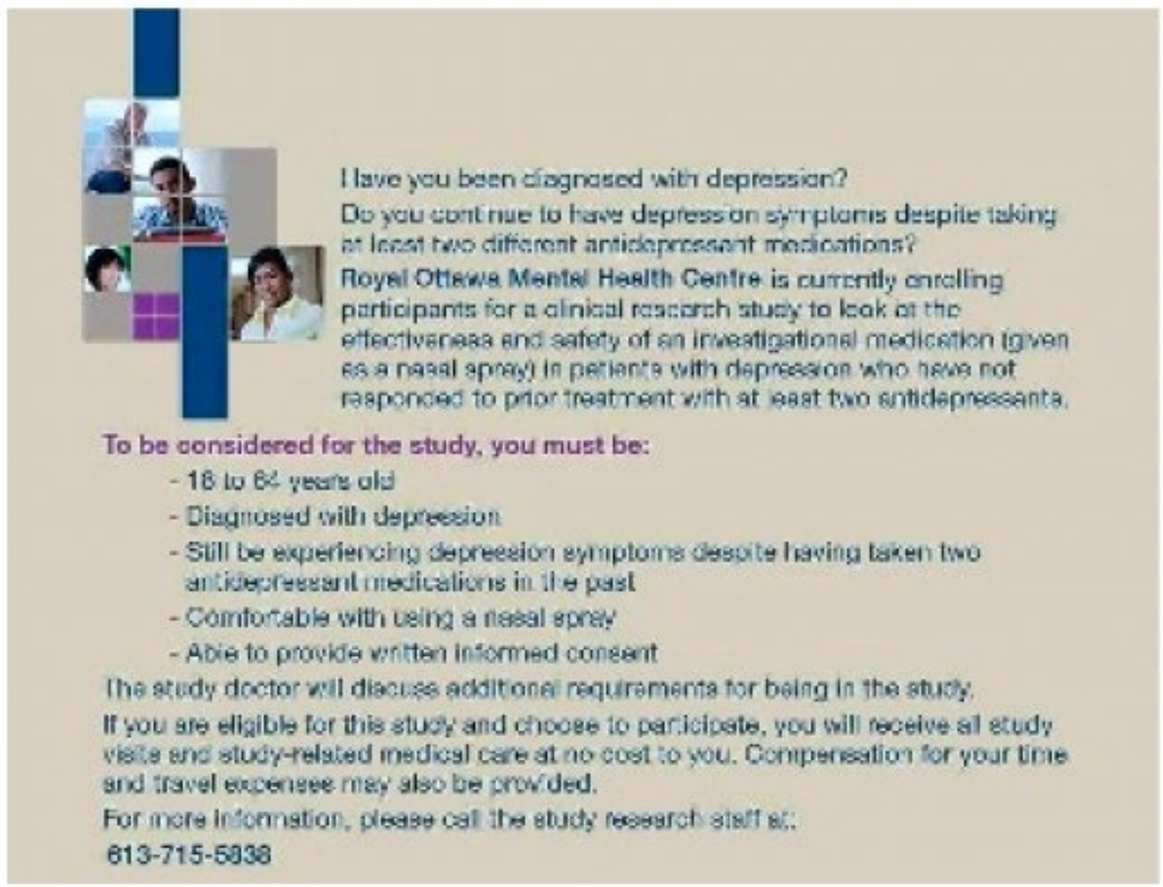
The more than 10,000 people expected to attend the 2016 Canada Day celebration starting at 10 a.m. can still look forward to a midway, kid-friendly activities and games, food vendors, cake, performances by musician Rick Knowles, local band Renegade, and cover band Alter Ego, and an explosive $15,000, 15-minute fireworks display.

The fun will even continue for several days after July 1, with the midway, which opens at 11 a.m. on June 30, running until 10:30 p.m. on July 3.

"Everything's still gonna go, but we'll see what happens at the end of the year," Bartraw said, adding that the missing funds are needed to balance the event's budget to maintain the same calibre of entertainment and programming in the future.

So he has used the final days leading up to the celebration to canvas local businesses and potential sponsors.

MEGAN DELAIRE / METROLAND MEDIA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Bootleg fentanyl found

HEALTH

Substance was seized by police in shipment from China

Health authorities are on alert for "bootleg fentanyl," which has been detected in the Ottawa area.

The illegal fentanyl, which is ordered online from China, has been detected in the contraband drugs picked up by police forces in Smiths Falls and Brockville, with Gananoque already having confirmed the presence of the drugs in its area.

"They order it in powder form," said Jessica Wigle, a public health nurse in the Lanark, Leeds and Grenville District Health Unit's harm reduction program, following a recent presentation she gave to representatives from agencies that deal with children.

"We're terrified, to be honest."

One of her biggest concerns is that the fentanyl will be mixed with "party drugs," this summer, with the 16- to 18-year-old group identified as seeing "snorting (as being) very popular. We are very worried about that."

Another concern is that "fentanyl is being used... to cut cocaine."

Jessica Wigle, a public health nurse in the Lanark, Leeds and Grenville District Health Unit's harm reduction program, spoke at YAK on Wednesday. DESMOND DEVOY/METROLAND MEDIA

> **Our clients have said it has been ongoing for a while.**
> Jessica Wigle

The health unit first became aware that there was a problem very recently.

"We started noticing it about two weeks ago," she said. "But our clients (with drug issues) have said it has been ongoing for a while. It is in this area."

While prescription-based fentanyl, which is dispensed at pharmacies in patch form, and which was originally "intended for people with stage four cancer," she said, the illegal powder fentanyl has "toxicity levels (that) vary," she said.

The powdered form is just one side of this coin.

"We are also seeing it in pressed pill form," she said, with the street name "Faded '80s" since they can come in bags with the pills in various shades of green. "You could take one pill and have a good high. You could take the next pill and have an overdose."

The use of fentanyl has been in the news of late, since it has been reported that music star Prince died of an accidental overdose of the drug back in April.

Fentanyl is 750 times stronger than 30 mg of Codeine (also known as Tylenol 3) — while morphine is only 10 times stronger than Codeine, and morphine administered via an intravenous tube is 40 times stronger. DESMOND DEVOY/METROLAND MEDIA

IN BRIEF

Go-carts among damaged property in Munster fire

An early morning fire southwest of Ottawa damaged several vehicles, including a motorhome and trailer carrying go-carts.

Ottawa fire received multiple 911 calls around 4:49 a.m. on Monday for a motorhome on fire outside 7 Whisperwood St. in Munster. There were no injuries and estimated damage is around $40,000.

HALEY RITCHIE/METRO

Three charged in Dalhousie stabbing, shooting

Three teenagers have been charged with drug and firearm-related offences connected to a shooting and stabbing incident in downtown Ottawa last Saturday. Muhammed Kabeya, 18, from Ottawa has been was charged with a drug-related offence. A 14-year-old girl from Gatineau and 17-year-old boy from Ottawa have been charged with gun related offences, including possession of a firearm obtained by crime and careless use of a firearm.

HALEY RITCHIE/METRO

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Unease for refugee system reform

FEDS

Improvements at risk as asylum numbers grow: Internal report

BY THE NUMBERS THE REFORM PROJECT

$259M

The $259 million spent on reform means those seeking asylum now receive a decision about five times faster than those who applied prior to 2012.

50%

But targets for hearing dates and removals continue to be missed, like getting 80 per cent of failed claimants out within 12 months. Just over half were actually removed.

Changes made to Canada's refugee system in 2012 resulted in faster decisions on asylum claims, but an internal government study warns those improvements may now be at risk.

Several asylum targets weren't met following the implementation of reforms, despite the fact the government had set aside money to cover twice as many claims as were ultimately received, the study found.

Now, the number of claims is on the rise again.

"If claim intake continues to increase, there is a risk that there may be further challenges meeting targets, that backlogs may grow, and the overall average claimant time in the system may increase," said an internal evaluation of the reforms posted online by Immigration, Refugees and Citizenship Canada.

The latest evaluation comes with Justin Trudeau's Liberal government poised to put additional pressure on the system by undoing another of the changes made by the previous Conservative government.

The primary goal of the changes had been to get claims decided faster, to ensure those in need of asylum were approved more quickly, and those who did not qualify were promptly deported.

The evaluation examined the implementation of two laws that — among other things — created timelines for certain steps in the process and limited avenues of appeal for claimants from certain countries.

Prior to that, however, the Tories also sought to cut off claims at the source by imposing visa restrictions on countries whose nationals were to blame much of the backlog.

One of those countries was Mexico: About 9,000 of 36,759 claims lodged in 2008 came from Mexicans. After visas were imposed in 2009, the number of Mexican claims fell to 1,199.

But this week, Prime Minister Justin Trudeau will meet with Mexican President Enrique Pena Nieto and announce a plan to lift that visa requirement.

THE CANADIAN PRESS

Prime Minister Justin Trudeau greets 16-month-old Madeleine Jamkossian and her father Kevork Jamkossian, refugees fleeing the Syrian civil war, during their arrival at Pearson airport in Toronto on Dec. 11, 2015. NATHAN DENETTE/THE CANADIAN PRESS

BRITISH COLUMBIA

New court challenge of assisted dying laws

Just days after Canada's physician-assisted dying law came into force, a 25-year-old British Columbia woman with a degenerative muscle disease is challenging it in court.

Julia Lamb who lives in the Fraser Valley city of Chilliwack has spinal muscular atrophy and worries her body will weaken and she will be left in a state of intolerable suffering because she doesn't qualify for doctor-assisted death under the new law.

The Liberal government's Bill C-14 received royal assent on June 17. Lamb said she opposes the law's requirements that a doctor's help can only be given if death is reasonably foreseeable and the patient is in an advanced state of irreversible decline.

"If my suffering becomes intolerable I would like to make the final choice about how much suffering to endure," said Lamb, who has joined the B.C. Civil Liberties Association to file a constitutional challenge in B.C. Supreme Court. THE CANADIAN PRESS

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RW-22- METRO OTTAWA

‘We’ve lost everything’

HELP

Ohio family’s RV goes up in flames in move to Nova Scotia

Philip Croucher
Metro | Halifax

Richard Piegan isn’t letting a life-altering hardship get in the way of the end goal.

Less than 24 hours after seeing his family’s personal belongings go up in smoke when the RV they were driving from Belmont, Ohio, to Cape Breton became engulfed in flames, the soft-spoken American still talks with hope about getting to their final destination and starting a new life for himself, his wife Amanda, and their 15-year-old daughter, Gwen.

“We’d love to get there,” he said of Cape Breton, while sitting in his Amherst hotel room Monday afternoon. “I’d love to have a job in fishing. It’s been my dream for my whole life.... I just want to be a fisherman.”

Richard Piegan with wife Amanda, daughter Gwen and their family dog outside the Comfort Inn in Amherst, N.S., on Monday. TC MEDIA

No one was injured in the fire, which happened about 15 kilometres from the tolls on Highway 104 on Sunday afternoon. The family had been living in the RV since April and lost all their belongings, including their passports and credit cards.

Eyewitnesses described the fire as large, with a number of explosions. Smoke from the fire could be seen several kilometres away. By the time fire crews had extinguished the fire, nothing of the RV was left but scraps of metal and ash.

“Everything was fully engulfed in 10 to 20 seconds. And I was out in 30 seconds.... I just got engulfed in smoke. I couldn’t breathe,” Piegan said, adding he turned down medical help because he didn’t want to be away from his family.

> **We’d love to get there.... I just want to be a fisherman.**
> Richard Piegan on getting to Cape Breton

The Red Cross made arrangements Sunday night to put the family up in a hotel in Amherst, and they were able to go to Walmart after hours to get clothes to last a few days.

Piegan said he’s been overwhelmed by the support they have received so far, and is open to anything else people may be willing to give them.

He said the family RV was their “real house,” which they had been living in for the past couple of months in their hometown.

It had some insurance, he added, but not a lot.

“I’m not going to turn anything away at this point. We can use any help. Anything. We’ve lost everything, man. We got nothing.” WITH FILES FROM TC MEDIA

CAPE BRETON

Not here because of Trump

Many people have been asking Richard Piegan whether moving from south of the border to Cape Breton has anything to do with a recent website calling on Americans to move to the Nova Scotia island to get away from Donald Trump.

Piegan said Monday he had never heard of the website cbiftrumpwins.com, adding Trump running for presidency had no impact on him coming here.

“He’s a jerk, I don’t care about him or his 25 ex-wives,” he said. “I just wanted to get up here and get a job.”

WITH FILES FROM TC MEDIA

Donald Trump GETTY IMAGES

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IRAQ

Aid for Fallujah 'grossly inadequate'

Near the "fully liberated" Iraqi city of Fallujah, tens of thousands are fleeing into the desert in midday temperatures of more than 50 C. An estimated 85,000 displaced people are enduring heat and dust storms, even inside makeshift camps.

In Iraqi Kurdistan, hundreds of Yazidi women and girls who escaped rape and slavery at the hands of Daesh (also known as ISIS or ISIL) are surviving on meagre supplies, lacking medical and psychological care, while thousands of their relatives are also suffering trauma and deprivation.

On Sunday, Iraqi forces declared Fallujah, which had been held by Daesh for two years, liberated — emerging victorious from a military operation that took months of planning.

"Given the high population density inside the city, we prepared four camps before the operation," government spokesman Saad al-Hadithi told The Associated Press. "But the large number of displaced people and the quick movement has made it very hard to meet their needs."

Since the 2003 U.S. invasion of Iraq, and the sectarian violence that followed, more than three million people have been internally displaced, and 10 million are in need of aid.

Yet funding for Iraq's multiple humanitarian disasters is both little and late.

Last Thursday, Canada announced that it will move to the front line of humanitarian support by joining the U.S., Germany and Japan as co-host of a pledging conference to be held in Washington on July 20.

"We must act now to ensure that the most vulnerable, especially women and children, receive the protection and assistance they need," said International Development Minister Marie-Claude Bibeau in a statement.

Over the next three years, Ottawa will contribute $840 million in humanitarian and $270 million in development assistance to Iraq, in addition to its $145 million in "stabilization and security" aid. That is a sharp rise from the $163 million in non-military aid contributed from 2014 to 2016.

The suffering of civilians is not only due to Daesh, but to barrel bombing by the Iraqi government forces, and ground attacks by their allies in the Shia militias, said Mark Lattimer, director of the Centre for Civilian Rights in London. Iraq denies the bombing, which has been widely reported by human rights monitors.

"There's a disjunction in humanitarian concern," he added. "Europe and North America talk about a refugee exodus but the vast bulk of the effort is to stabilize it in neighbouring countries. Yet (aid) is grossly inadequate."

TORSTAR NEWS SERVICE

Iraqi children displaced from the city of Fallujah gather near a tent at a newly opened camp on Monday. AFP/GETTY IMAGES

IN BRIEF

France opens manslaughter inquiry into EgyptAir crash

French authorities opened a manslaughter inquiry Monday into the May crash of an EgyptAir plane that killed 66 people, saying there is no evidence so far to link it to terrorism.

A prosecutor's office spokeswoman said the inquiry was launched as an accident investigation, not a terrorism investigation. She said authorities are not favouring the theory that the plane was downed deliberately, though the status of the inquiry could change. THE ASSOCIATED PRESS

Spanish parties reject grand coalition attempt

Mariano Rajoy, the leader of Spain's conservative Popular Party, tried to form a "grand coalition" Monday after his party won the country's unprecedented repeat election — but his offer was rejected by both the centre-left Socialists and the Ciudadanos party.

The Popular Party again fell short of capturing the majority in the 350-seat Parliament.

"I continue to offer my hand to form a government that guarantees stability," Rajoy said. THE ASSOCIATED PRESS

A person holds European flags in one hand and a British flag in another in Lille, northern France. European Commission chief Jean-Claude Juncker said Britain's departure from the EU was "not an amicable divorce" but called for it to be quick. AFP/GETTY IMAGES

Brexit hangover rages on amid ratings spiral

UNITED KINGDOM

PM Cameron insists British economy is stable, robust

Prime Minister David Cameron insisted Monday that Britain's shock vote to leave the European Union won't send the economy into a tailspin, even as the country was stripped of its top credit rating and stock markets and the pound continued a downward spiral.

Calling the vote a "seminal event" that "will lead to a less predictable, stable and effective policy framework in the U.K.," Standard & Poor's knocked the U.K.'s sovereign rating by two notches, from AAA to AA. Hours later, Fitch Ratings followed suit, downgrading the country to AA, from AA+.

Both agencies said they were keeping a negative outlook on their ratings. Standard and Poor's cited risks to the economy and public finances, the pound's role as an international reserve currency and "risks to the constitutional and economic integrity of the U.K." as Scotland's strong vote to remain in the EU could raise the prospect of another referendum on Scottish independence.

Cameron, however, insisted the British economy could withstand the shockwaves.

Despite the uncertainty fuelling financial instability, leaders in both Britain and the EU signalled there would be no immediate start to negotiations on an EU exit.

We have to accept the result, we have to get on and deliver it and as we do so, we have to seek the best possible deal. David Cameron

German Chancellor Angela Merkel met with her French and Italian counterparts and said "we agree there will be no formal or informal talks" until the British government officially declares its intention to quit by invoking Article 50 of the EU treaty.

The statement appeared to scotch hopes by Conservative lawmaker Boris Johnson and his Vote Leave campaign to hold preliminary talks on the general outlines of a deal before Article 50 triggers a two-year countdown to a British exit.

Earlier, Merkel said she understood that Britain may need "a certain amount of time to analyze things," but said a "long-term suspension" of the question wouldn't be in either side's economic interest.

Meanwhile, U.S. Secretary of State John Kerry, in Brussels and London to address fallout from the vote, said the U.S. has "immense confidence in … the leadership on both sides of the channel" to negotiate a deal.

THE ASSOCIATED PRESS

XENOPHOBIA

Acts of intolerance surge after 'Leave' win

An Eastern European family in Rugby finds dog excrement shoved through its mailbox. A Londoner nearly gets into a fight over drunken slurs shouted on a crowded subway car. A Polish teenager in Gloucestershire is taunted with threats of deportation at her high school.

In the wake of last Thursday's vote to leave the European Union, Britain has seen a surge in xenophobia expressed in taunts, threats and worse. For many, foreign- and native-born, the U.K. has suddenly become much scarier place.

"Before Friday we lived in a tolerant society," said Oana Gorcea, a 32-year-old Romanian who has lived in Britain since she was a teenager. "I've been here 13 years, but I've never felt like I had to hide where I came from. But from Friday, things completely changed."

Gorcea, who works for a multinational company in Rugby, about 135 kilometres northwest of London, said her street was being patrolled by "English commandos who walk around and try to intimidate non-white non-English people."

Gorcea's story and others like it have been echoing across social media for days. Eastern Europeans, Muslims — even Americans and Germans — have reported acts of intimidation and harassment. Victims describe an emboldened angry fringe emerging to crow over Thursday's vote; a T-shirt sported by a man at an Armed Forces Day parade in the working-class London borough of Havering over the weekend seemed to sum up the new attitude: "YES! WE WON! NOW SEND THEM BACK."

Channel Four's Ciaran Jenkins said that within a five-minute span in the northern England town of Barnsley, three people had shouted "Send them home!" BBC reporter Sima Kotecha said that she was in "utter shock" after having returned home to the southern England town of Basingstoke and been abused with a racial slur she hadn't heard "since the '80s."

THE ASSOCIATED PRESS

Canada Post says any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume. TORSTAR NEWS SERVICE

Canada Post threatens shutdown

EMPLOYMENT

Postal union will be in legal strike position on Saturday

Canada Post is warning unionized workers that any type of job action including rotating strikes this weekend will mean the shutdown of the post office.

"In the event of a labour disruption, Canada Post will not operate," the Crown corporation said Monday. "Mail and parcels will not be delivered, and no new items will be accepted. "Any mail and parcels within the postal system during a work disruption will be secured and delivered as quickly as possible once operations resume," the release says.

72h

Either side, the Canadian Union of Postal Workers or Canada Post, would need to serve 72 hours' notice before a strike or lockout.

The two sides have been holed up in an Ottawa hotel for months, trying to hammer out a deal covering both urban and processing plant members, and rural carriers before the July 2 deadline. At that point, the Canadian Union of Postal Workers would be in a legal strike position and the corporation would be in position to lock out employees.

Canada Post has also taken the unusual step of publicly releasing details of its last offer to the union.

It said the offer which includes a wage increase and no change to the defined benefit pensions for current employees. New hires would be put on a defined contribution plan.

"We have put forward an offer, and it's been back and forth, but we have not made any significant inroads," said Canada Post spokesman Jon Hamilton, saying the union has made "two dozen pricey demands."

A union bulletin notes those covered in the urban contract would be offered a four-year deal with no wage hike in the first year and 1 per cent each in the remaining three years. The union is pushing for wage increases above inflation.

Canada Post also want more flexibility on hiring temporary and part-timers to work weekends and evening during peak parcel delivery periods, arguing its current policy of paying overtime is not financially sustainable.

Mike Palacek, CUPW's national president, has said in previous interviews the union believes management is laying the groundwork for a lockout.

TORSTAR NEWS SERVICE

FOOD AND DRINK

Diet Pepsi with aspartame returning

Diet Pepsi made with aspartame is returning to shelves in the U.S., after PepsiCo saw sales plummet following its reformulation of the drink last summer to remove the artificial sweetener.

PepsiCo says it will offer "Diet Pepsi Classic Sweetener Blend" made with aspartame starting in September, in 12-ounce cans, 2-litre bottles and 20-ounce bottles. The move is intended to appease fans who don't like the taste of the reformulated drink, which is made with the artificial sweetener sucralose.

But PepsiCo Inc. said Diet Pepsi made with sucralose, commonly known by the brand name Splenda, will remain its primary diet soda offering. Those cans will be silver, while the "classic" Diet Pepsi with aspartame will be come in light blue packaging.

THE ASSOCIATED PRESS

Pepsi MAX, which will be reintroduced as Pepsi Zero Sugar in the fall, and Diet Pepsi Classic Sweetener Blend will contain aspartame. But Diet Pepsi will continue to be without aspartame.

CONTRIBUTED/THE ASSOCIATED PRESS

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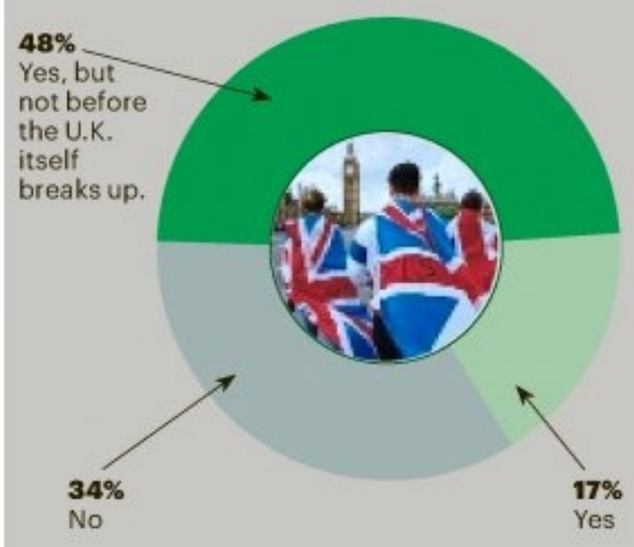
metro VIEWS
Your essential daily news
Tuesday, June 28, 2016

METRO POLL

Bowled over by the Brexit vote?

We've all had a few days to process the Brexit result, but nobody is any closer to having any idea what will happen. Will the U.K. actually go through with this? What about Scotland and Northern Ireland? What chain reaction of political and economic events will this set off? We asked readers what they thought would happen. Check out the results.

1 Do you think the U.K. will actually leave the EU?



2 How surprised were you by the result?

57% Completely, utterly blindsided
21% Not at all. I saw it coming the whole time.
21% Mildly to moderately surprised

3 What do you think was the decisive factor?

69% Anti-immigration/xenophobia
15% Distrust of elites and internationalist institutions
8% Fiscal/economic concerns
8% Nostalgia

WE ASKED Metro readers

Reality is the government will always choose what it thinks is best for itself in the long run

The vote provides U.K. significant leverage to negotiate new terms with the EU

They never used the euro. Putting the borders back to a safer level is wisest

The Brexit is a bigoted, backwards thing to do, and Northern Ireland and Scotland are not going to stand for it

visit metronews.ca
HAVE YOUR SAY

Time to decide WTF is to be done with OMB

COLLINS' CAPITAL

Steve Collins

When Yasir Naqvi, the province's attorney general, put out the call last week for public input on reforms to the Ontario Municipal Board, you could have been forgiven if your reaction was, "The Ontario whaaat?"

The provincially appointed board, which serves as an avenue of appeal for city decisions, might not quite be a household name, but it's a powerful body that often has the final word in disputes over the heights of new buildings downtown or on new suburban developments.

All sorts of disputes with the city can land there. The Ottawa District Labour Council applied to the OMB in March to reverse the city's designation of the Glebe (and Lansdowne Park) as a tourist area and hence allow holiday shopping there.

They say you can't fight city hall, but if you must, the OMB can be a pretty good place to do it. The board has a reputation, deserved or not, for bigfooting city councils in favour of developers, frustrating the former's attempts to rein in sprawl or preserve the integrity of neighbourhoods.

The city suffered one of its most stinging defeats at the OMB five years ago, over boundary expansion.

Council, struggling to keep a limit on far-flung development and encourage greater density, had voted to free up only 230 hectares of new land for suburban housing, lower than the 850 recommended by city staff. The council limit was about one tenth of what developers had wanted, so they appealed to the OMB.

When council voted to fight the developers at the hearing, Mayor Jim Watson defined the issue thus: "It determines at the end of the day who's going to make the decisions with respect to growth and urban planning, and I believe it should be the elected officials."

The OMB ruled against the city. The expansion would be 1,110 hectares.

Surprises can happen on costs, too. In 2009, council rejected a massive 1,400-home development by Minto Communities, basically doubling the size of the village. Minto appealed to the OMB and, yep, won. The city, after spending $637,000 in their unsuccessful defence, found themselves potentially on the hook for Minto's costs — a whopping $1.47 million.

In the end, the OMB rejected Minto's application for costs, but is it any wonder, when developers can spend more than double what the city does, that they tend to prevail at these hearings?

Reversals of decisions by our elected representatives can rankle, and it's no coincidence that high on the list of considerations for OMB reform is the question "how much deference should be given to municipal decisions?"

Local politicians can rail against the thwarting of democratic will, but the OMB has also encouraged a sort of learned helplessness. Councillors can score political points by pushing back against developers (in many cases the biggest backers of their election campaigns) and then shrug when the OMB overrules them and gives the developers what they wanted anyway.

If council decisions are to have more weight, then council will have to take responsibility for them. As the recent upset over that surprise, consultation-free playground at Mooney's Bay indicates, it's perhaps not only the OMB that needs to clean up its democratic act.

ROSEMARY WESTWOOD

When hunger strikes outside the home, will you be prepared?

There are two kinds of Canadians: Those who pack a lunch, and those who don't.

The latter camp seems confident others will feed them.

The former know better.

We were all raised to be fully aware of the danger of walking out your front door: You could get hungry. All of a sudden, your blood sugar could plummet. You could get to the end of the road and realize your error — a tummy rumble, a dryness of the mouth, some ancient, panicky alarm system ringing in your brain like the idiot BMW next door.

The lunch packer was raised to anticipate — and head off through careful planning — this most undesirable and preventable of feelings. In their household, as a child, no trip was too small for a snack. Running up to the airport for an hour? Better bring: a banana, an orange, two smushed and still-defrosting homemade muffins of questionable consistency, one granola bar. (The car, of course, is perpetually packed with two to four full — reused — water bottles, which seem, as if by the work of fairies, to never run dry.) Going grocery shopping? Better bring an apple. Taking a flight? Here's your bagel and cream cheese. And a few old carrot sticks from the bottom of the fridge. Want to take this day-old Danish?

For such a child, the packed lunch develops like an involuntary tick. Well aware that others somehow make do actually buying prepared meals from a million spots offering lunch, this child (now adult) remains skeptical. The outside world still seems like a wild, hostile terrain devoid of sustenance. You could get to work on time and just buy a lunch from Subway, but then you think of your parents wrapping sandwiches in reused plastic lining from cereal boxes, and you know you will be late. The fridge, no matter the measly contents, beckons. This feels like the moral choice. And even a disjointed packed lunch with all the cohesion of a latterday Picasso seems better than having to decide what to eat on the spot, when you're already hungry.

This is the lesson: Always head off the need to decide what to eat. It will be stressful, and disappointing, nevermind expensive. You will be at the mercy of the world around you. An unpredictable world.

In the moment of actually eating lunch, it becomes clear that a half-chicken meal with fries would taste so much better. But magically, by the next morning, all that is forgotten. Time is ticking. The threat of hunger looms. The packed lunch will be made.

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Two-thirds of Americans think President Barack Obama tried to make race relations better in the U.S.

Female orgasm: It's complicated

NEW BOOK

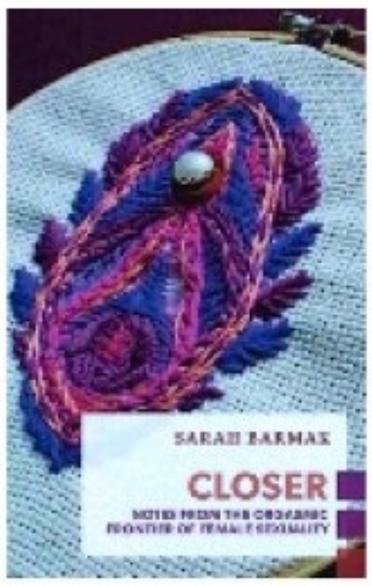
Sarah Barmak explores women, sex and pleasure

A few years back, Sarah Barmak noticed female sexuality was getting a lot of buzz. It was a discussion point in books, mainstream media, conversations among her friends. The recurring theme, she says, was it's "complicated."

"To me, this seemed curious," says the Toronto-based writer and journalist. "Half the people in the world — their sexuality is 'complicated?'"

It sparked Barmak's interest in probing the deeper story of female sexuality, with a focus on one thing in particular: the enigmatic, often-elusive female orgasm. Over the next three years, she spoke to sex coaches, researchers, neuroscientists and a variety of women, from those who've never had an orgasm to one who was once capable of climaxing 15 times in one session.

The result is Barmak's new book, Closer: Notes from the Orgasmic Frontier of Female Sexuality, an exploration of the ways female sexuality is being redefined in scientific research and today's sex-obsessed culture.



Amid all your research and interviews for Closer, did anything surprise you?

Oh my god, everything. I knew I'd found the tip of the iceberg early on, when I went to an orgasm workshop at Good For Her, a sex store for women in Toronto — a five-hours-long meeting. These weren't the type of women you'd imagine going to sex toy stores. Regular folks, mothers — more conservative-seeming — but they were all suffering on two levels. The first level was this magical thing that's supposed to happen in every woman wasn't happening for them. Number two was the idea that their problem was frivolous, that it was something they'd be embarrassed to tell someone else.

That was a striking first scene. This line really stuck out, about these women talking about having an orgasm: "For nearly all," you wrote, "It will be their first one." It's sad that it's not really surprising.

It's true. I've talked to so many women who say they never talked to their mothers about sex. Or, if I asked when they first had an orgasm — they said, "Oh, I've never had that," or, "Maybe when I was first married." I think our culture takes for granted that all women have orgasms. And when you think about it, girls are not, in any sense, given information about their own pleasure. We don't think it's important for women to know what feels good to them — what kind of touch feels good, what kind of pressure, how to fantasize. A lot of girls get the message that touching yourself is wrong or shameful.

You must have a lot of thoughts about the ongoing sex-ed debate, then?

It's long overdue. I don't think it goes far enough. I think there needs to be more emphasis on pleasure, and this is something you'll find in Peggy Orenstein's book (Girls and Sex) as well. Diagrams about the female reproductive system have everything but the organs leading to pleasure. The clitoris is rarely mentioned. But with boys, there is clear talk about boys getting erections, they have sexual desire — and girls get the message that boys have sexual desire, and girls are the objects.

Sarah Barmak is the author of Closer: Notes from the Frontier of Female Orgasm.
TORSTAR NEWS SERVICE

You come back to a similar theme a few times in the book, that we're living in this sexually liberated time, but you also unpack the complicated reality under that veneer.

We're accepting about sexual orientation, gay marriage and the fact that we're even talking about female orgasm — it's a sign we've come a long way. But I think there's diversity in the way that women are, and the way that sexual desire is, and the way women can be, that really isn't recognized.

TORSTAR NEWS SERVICE

RELATIONSHIPS

Short men face a tall order when it comes to online dating

Would you turn down a date with shorter men like George Clooney (five-foot-10) or Kit Harington (five-foot-six)?
GETTY IMAGES

Sofi Papamarko
Torstar News Service

Dating is frustrating for just about everyone, but chances are if you are a) straight man who is b) single and c) not especially tall, you're getting the short end of the stick.

According to social psychologists Elaine Hatfield and Susan Sprecher, height is one of the most important characteristics defining male physical attractiveness to women.

Unfortunately, I've found this to be empirically true. One of my biggest pet peeves as a matchmaker is when women tell me that they would never date anyone shorter than six feet tall, thus pre-emptively the vast majority of men, sight unseen.

When I ask these women why they would discount all but a mere 10 to 15 per cent of the human male population, they usually answer they're "not attracted to guys shorter than six feet." I follow up by asking them if they'd reject George Clooney (five-foot-10) or Kit Harington, who plays Jon Snow on Game of Thrones (five-foot-six).

When pressed further, these women reveal they "like to wear heels" or want to "feel like a girl," as if certain heights were more inherently masculine or feminine than others.

Online dating sites can be both a blessing and a curse. Some of them allow users to filter prospective matches by height, meaning if you're a guy who is five foot five, there are fewer women looking at your profile than that of a guy of otherwise equal charm who is six foot one.

Carissa Imgrund, 37, was one of these women who preferred dating taller men, being a tall person herself (five-foot-10).

"There were many times I wouldn't even read their profile if I saw their height was less than five-foot-10. It was an automatic delete," Imgrund says. When Imgrund met a smart and funny man on dating app Bumble, however, the banter was so electric that his (unlisted) height didn't even cross her mind.

"When we met (in person) and I realized the height difference, I was really nervous at first, but everything else just clicked so well. ... By the end of our third date, I couldn't have cared less he was shorter."

Three months later, the couple are going strong.

What's Imgrund's advice to single women (and men) with an arbitrary height cut-off? "Be willing to try — you might be cutting yourself off from someone amazing without even giving them a chance.

Get back in the saddle with this pose

YOGA

Move is great for everything from lower back down

YuMee Chung
Torstar News Service

If a sedentary lifestyle has you feeling like you're ready to be put out to pasture, why not give Saddle Pose a try? This therapeutic Yin Yoga exercise can be good medicine for ankles, knees, thighs, hip flexors and low back, but it's tougher than it looks. Proceed with caution and, if you're working with a pre-existing injury, consult your doctor before riding roughshod over sensitive areas.

In the Yin version of the Saddle Pose, be gentle with yourself and use support as required. TORSTAR NEWS SERVICE

Saddle Pose

1. Sit on your heels with your big toes touching and knees spread wider than outer hip distance apart. Come out of the pose immediately if you feel a sharp pain in the knees.

2. Using your arms for support, lean your upper body back toward the floor until you feel a rich stretch along the top of the thighs.

3. Prop your body at this height with a yoga bolster, couch cushions, or bed pillows. If you don't require any additional support, lie directly onto your mat. The lower back has permission to arch lightly away from the ground in this Yin version of the pose.

4. Hold steady and breathe deeply. This pose can be held for as long as five minutes. The sensation will build with time, so stay attentive and be sure to practise without pain.

5. Dismount by pressing yourself up slowly with the aid of your arms. Move gingerly. If exiting the way you entered seems daunting, simply lean off to the right to free the left leg before leaning off to the left to free the right leg.

6. Downward Facing Dog Pose is a great counterpose to Saddle.

Tips on knee folds

While deep knee folds are often contraindicated for those with knee injuries and so-called "bad knees," there are good reasons for reclaiming knee flexion once the acute phase of an injury has passed.

We know joint immobility leads to stiffness and eventual losses in range of motion. We also know that joints are lubricated through movement because movement circulates synovial fluid.

If your knees respond poorly to deep folds, try sitting up on a high prop when kneeling and/or placing a rolled-up towel behind the fold of the knee to create space.

Progress slowly, with patience and great humility. When I returned to yoga after a knee injury, my teacher suggested I sit up on a telephone book. We tore pages out of the book for over a year until I was able to reach the ground again.

YuMee Chung is a recovering lawyer who teaches yoga in Toronto. She is on the faculty of several yoga teacher training programs and leads international yoga retreats. Learn more about her at padmani.com.

TECHNOLOGY

New feature in U.S. helps people search symptoms

Genna Buck
Metro Canada

Have you ever searched the web for a term like "eye pain" and come away concluding you're about to have a stroke, or you have a brain tumour, or maybe both?

You're not alone. Google says one per cent of its total searches are about symptoms.

Medical misinformation can spread faster than a nasty virus online, and Google is acknowledging its part in that. "Health content on the web … tends to lead people from mild symptoms to scary and unlikely conditions," a company blog post from last week says.

In the U.S., in English only, the search giant is unveiling a new feature called symptom search. Now, when Americans type a complaint, like "eye pain," into the Google app, it will display a short overview of the symptom, information on how treat it at home, and the signs that indicate you should head to the doctor.

It also shows a list of related conditions compiled with help from human experts at Harvard Medical School and the Mayo Clinic. Google communications manager Susan Cadrecha said there's no date set to roll out symptom search in Canada, but an expansion is planned to more regions soon.

ISTOCK

Harvard, Mayo Clinic lend a hand to Dr. Google

When it arrives it may be met with cheers from Canadian doctors: A 2015 survey of 1,000 Canadian MDs by the Medical Post found 41 per cent were "extremely" or "very" suspicious of health information their patients dug up online, and 45 per cent believe Dr. Google does more harm than good.

Toronto pediatrician Dr. Daniel Flanders isn't one of them. He thinks a care provider made of bits and bytes has a role to play, as long as people have a family doctor they trust to help them separate "dubious information and misinformation" from genuine advice.

SEARCHER BEWARE

If you search Google today for "vaccine information," the top result is VaccineInformation.org, a helpful website from the U.S. Centers for Disease control. But the second one is NVIC.org, The National Vaccine Information Centre — a sneakily named anti-vaccination group with a slick and official looking website.

"Anyone who is 100 per cent managing their medical problems with Internet searching — that's problematic," Flanders said.

"But I feel patients taking health into their own hands and proactively seeking information is fundamentally a good thing.

"If Google can facilitate the process so high-quality information comes first, that's fabulous.

"Whether they're able to do that remains to be seen."

Patients with rare diseases who've researched their conditions in-depth can even teach doctors a thing or two, Flanders added.

"There's a huge potential for physicians to become better experts, via the education they get from their patients. And the patients get the information from Google."

Fact checking Free State of Jones

CIVIL WAR

Filmmaker aimed for transparency in 'true story'

Steve Gow
For Metro Canada

When you see a movie that claims to be "based on a true story", do you often wonder just how much of it is fact versus fiction?

So does Gary Ross.

That's partially why the filmmaker behind the new Civil War-era drama Free State of Jones has designed his movie's website to defiantly outline in detail what was unofficial and what was authentic.

"It's a true companion piece to the film and they really do go together," explained the four-time Oscar-nominee from New York.

"There's a higher burden in this. I think the civil war is used as a political instrument by people who have present-tense agendas so I thought it was very important to be transparent so that it didn't become a topic of debate or people pulling at one end of the political rope or the other."

Gary Ross, left, rehearses a scene with the cast of Free State of Jones. CONTRIBUTED

> **I think the Civil War is used as a political instrument by people who have present-tense agendas so I thought it was very important to be transparent**
> Filmmaker Gary Ross

While the biography of Newton Knight (who united runaway slaves and farmers to rebel against the Confederacy) may be set in the distant mid-19th Century, the story's themes are surprisingly still current.

In fact, the drama's issues of race and class are eerily poignant in the wake of last year's Confederate flag debate — reason enough for Ross to be vigilant with accuracy.

"You can't treat it glibly," said Ross, who realizes much of history is now absorbed by means other than textbooks.

"Because people get so much of their information from pop culture, there is a responsibility to apply a certain kind of rigor to it."

Casting Matthew McConaughey was a crucial component in the movie's credibility as well.

Not only does the Texan actor look related to the Southern freedom fighter, but he's clearly a thespian who carefully chooses his roles. "He's very, very focused.

"He has a lot of rigor in his process and he's incredibly prepared," said Ross of the Oscar-winning star.

"There's so many millions of things that go into shaping a culture, a person that you can't just replicate in the acting process so I was very lucky to have somebody with his stature, with his depth of talent who could do this."

ROSS REFLECTS

Gary Ross on his three biggest movies:

Seabiscuit (2003)
"It was a wonderful world," said Ross of the Oscar-nominated true story of a beloved racehorse. "I loved shooting on the race tracks. It was very athletic in every respect — with the filmmaking and the subject matter itself."

Big (1988)
"Both Tom Hanks and me (were) innocent in everyway," said Ross of his first screenplay. "There was just a feeling of newness and enthusiasm that I think both informed the subject matter and the experience."

The Hunger Games (2012)
"Shooting that movie was really fun," recalled Ross, who directed the first of the sci-fi franchise. "One the reasons I didn't move on with the sequels was that Jones was such a labour of love."

5 MUSIC VIDEOS THAT CARRY LGBTQ NARRATIVES

Musicians and directors have used music videos to tell stories about the LGBTQ community for decades, even if the themes were often buried as subtext. And for many young people growing up in small cities or communities, the visual elements of their favourite songs were a rare window into an outside world of acceptance. Here, five influential music videos with LGBTQ themes. THE CANADIAN PRESS

1 Melissa Etheridge, Come to My Window

Her lyrics about a secret love were inextricably linked with Etheridge's decision to come out as a lesbian in early 1993, just around the time as her label released this song as a single. Interpretations of the music video abound, but it's hard to ignore that Etheridge was making a less-than-subtle point by having actress Juliette Lewis play a mental patient losing her sanity while trapped in her bedroom cell. Etheridge had freed herself from that prison and — along with kd lang and Ellen DeGeneres — helped pave the way for a new era.

2 Christina Aguilera, Beautiful

The 2002 music video for Beautiful is sometimes overlooked for its breakthrough representation. The clip features a gay couple open-mouth kissing in public as they ignore the stares of passer-bys while another scene has a biological man confidently dressing in women's clothes.

3 Hozier, Take Me To Church

With more videos putting a positive spin on LGBTQ themes than ever before it was startling to see the Irish musician's portrayal of a young gay couple whose lives are torn apart when one is violently attacked. In the YouTube era it sparked a viral sensation which helped turn Take Me to Church into a chart success.

4 Rough Trade, High School Confidential

Unrequited lesbian lust was the centrepiece of the Toronto new wave band's precedent-setting 1980 single, which climbed the Canadian Top 40 chart despite lurid lyrics. The video took a safer path, with androgynous lead Carole Pope singing to the camera while male-female flirtations played out.

5 RuPaul, Supermodel (You Better Work)

Few tracks were as fresh as this 1992 hit. Supermodel portrayed RuPaul as a fashionista who dominated the runways but still didn't mind shooting hoops with the guys. The video was cheeky and fun, and before long RuPaul was everywhere. RuPaul showed that confidence and perseverance can go a long way.

metro SPORTS

High-powered thermal cameras will be used on the Tour de France to help detect riders using hidden motors inside their bikes

England's latest Euro exit orchestrated by Iceland

EURO 2016
ROUND OF 16

MONDAY In Nice

2	1
KSI	ENGLAND

Little nation upsets team full of Premier League stars

Iceland pulled off one of the biggest shockers in European Championship history by beating England 2-1 in the round of 16 on Monday, continuing the astonishing run of the smallest nation at the tournament.

England slumped to its most embarrassing loss in a generation after taking the lead in the fourth minute through Wayne Rooney's penalty.

Ragnar Sigurdsson and Kolbeinn Sigthorsson took advantage of defensive shortcomings by England to put Iceland ahead by the 18th minute, and the Icelanders defended superbly in the second half to earn the biggest victory in their history and a quarter-final match against France in Saint-Denis.

"They thought that this would be a walk in the park," Sigurdsson said. "We had faith in our ability."

Iceland, a country of 330,000 people, is featuring in its first ever major tournament.

It proved to be the last match of the four-year reign of England coach Roy Hodgson, whose contract was up after the tournament.

"Now is the time for someone else to oversee the progress of this young, hungry and extremely talented group of players," Hodgson said. "They have been fantastic."

The England fans who booed the team off at halftime and fulltime will likely have a different opinion.

England's players head home early again for another post-tournament inquest. Their players slumped to the ground in front of their jeering fans after the final whistle, their heads in their hands.

England took the lead on a balmy night at the Stade de Nice after winger Raheem Sterling was clipped by goalkeeper Hannes Halldorsson as he prodded the ball past him. Rooney converted the penalty into the bottom-left corner.

Iceland struck back immediately through Sigurdsson, volleying in at the far post after Kari Arnason's flick-on from a long throw.

Sigthorsson then took advantage of more slack defending by England, getting time and space to shoot from just inside the area. Goalkeeper Joe Hart got a hand to the effort but the ball squirmed over the line.

ITALY 2, SPAIN 0

In, Saint-Denis, Italy ended Spain's European Championship reign, beating the two-time defending champions.

Giorgio Chiellini poked the ball into the net from close range in the 33rd minute after Spain goalkeeper David De Gea first parried Eder's free kick, then blocked Emanuele Giaccherini's follow up from the rebound.

Graziano Pelle added the second goal in injury time.

Italy goalkeeper Gianluigi Buffon preserved the lead in the 89th with a diving save low to his right to push away Gerard Pique's shot.

Italy will next play Germany in the quarter-finals on Saturday in Bordeaux.

THE ASSOCIATED PRESS

Iceland's Ragnar Sigurdsson scores past England goalkeeper Joe Hart in Nice, Monday.
PAUL ELLIS/AFP/GETTY IMAGES

QUARTER-FINALS

THURSDAY
Poland vs. Portugal
FRIDAY
Wales vs. Belgium
SATURDAY
Germany vs. Italy
SUNDAY
France vs. Iceland

HOCKEY

Lindros finally called to the Hall

The debate is over. Eric Lindros will finally get his plaque in the Hockey Hall of Fame.

Passed over six times before, the longtime Philadelphia Flyers captain was announced as one of four nominees for this year's Hall of Fame induction class, joined by the late Pat Quinn, goaltender Rogie Vachon and Russian winger Sergei Makarov.

"It was six years and it was a bit of time, but I guess you can turn around and say I'm in the Hall forever going forward," Lindros said on a conference call after the announcement.

15th

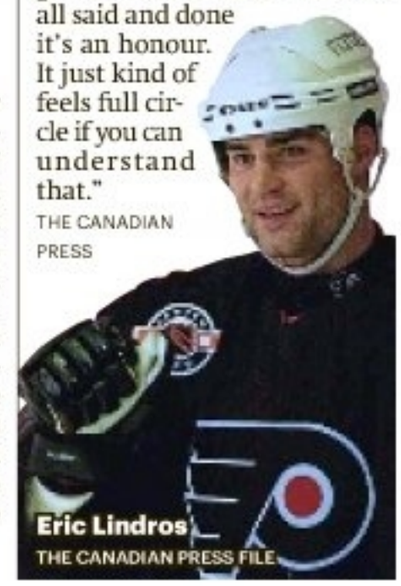
Lindros ranks 15th among all inactive players with 1.14 points per game.

This was a day that looked more and more unlikely to happen. Lindros was a hotly debated candidate every year for Hall induction, but each year it was revealed that, again, he had not made the cut.

Injuries, and the time they robbed him of, were used by some to justify of his absence from the Hall, though not from the committee, which keeps all deliberations private.

"I think there was some times you get thinking back and wondering what if," said Lindros, who scored 372 goals along with 865 points in 760 games. "But I think when it's all said and done it's an honour. It just kind of feels full circle if you can understand that."

THE CANADIAN PRESS



Eric Lindros
THE CANADIAN PRESS FILE

SOCCER

Argentina in disbelief over Messi's resignation

Lionel Messi missed a penalty kick for Argentina in a loss to Chile in the Copa America final on Sunday. MIKE STOBE/GETTY IMAGES

Some fans, players, and even Argentina's president want Lionel Messi to reconsider. Other supporters on Monday were simply sad that he's quitting the national team.

Messi shocked his native country with his abrupt resignation from international soccer after Chile defeated Argentina 4-2 on penalties after a 0-0 draw on Sunday.

"The national team is over for me," Messi told the Argentine network TyC Sports.

"It's been four finals, it's not meant for me. I tried. It was the thing I wanted the most, but I couldn't get it, so I think it's over."

> **"It pains me more than anyone not being able to be a champion with Argentina.**
> Lionel Messi

Messi lifted Argentina's first penalty kick over the crossbar, setting the stage for another loss in a final. Messi and Argentina lost to Brazil in the 2007 Copa final and to Germany in extra time in the 2014 World Cup final. They lost last year's Copa final to host Chile on penalty kicks after a 0-0 draw.

Messi moved to Barcelona in 2001 when he was 13, producing lots of hardware for the Catalan club. But many fans at home have criticized him for not leading the nation to a World Cup title, as Diego Maradona did in 1986.

THE ASSOCIATED PRESS

CRIME

Ex-UFC fighter was 'pleasure to be around'

Kevin Maimann
Metro | Edmonton

A former training partner of Ryan Jimmo says the Ultimate Fighting Championship athlete allegedly killed in a hit-and-run Sunday was in the process of moving back to Edmonton from the U.S.

Police say Jimmo, 34, approached the driver of a pickup truck early Sunday morning in a parking lot on Whyte Avenue, near 100 Street, and was walking back to his own car when the pickup driver struck him with the vehicle and fled the scene.

"It's horribly tragic," said Luke Harris.

Harris said the fighter was showing his girlfriend around Edmonton when he was tailgated by a truck before the confrontation ensued.

He said Jimmo, a New Brunswick native who was nicknamed "The Big Deal," had a personality that would not necessarily be expected of a professional fighter.

"He's done some incredible things in the sport. But aside form the sport, the guy was just a great person and a pleasure to be around," Harris said.

"He was definitely a cognitive guy, played chess, read physics books, loved to dance and do the robot. You don't have too many serious conversations with him, he was always joking around."

Police are looking for the suspect vehicle, which they describe as a dark customized older model pickup truck.

HOCKEY NIGHT IN CANADA

MacLean reclaims his old hosting gig

Ron MacLean is officially back as host of Hockey Night in Canada, returning to the chair he occupied for nearly 30 years before being ousted in favour of music journalist and CBC talk show star George Stroumboulopoulos.

MacLean will host the early game on Saturday night next season while David Amber will take the helm for the late broadcast, Sportsnet announced Monday.

Stroumboulopoulos is leaving "to explore new creative opportunities," according to a Sportsnet release.

Stroumboulopoulos signed a five-year deal to host "Hockey Night in Canada" in 2014 after Rogers acquired the NHL rights in a 12-year, $5.2-billion agreement. Pushing MacLean aside was a controversial decision by the broadcaster, with Stroumboulopoulos seen by many fans as an outsider who didn't have the necessary hockey background to replace his experienced predecessor. THE CANADIAN PRESS

IN BRIEF

Sens send Chiasson to Calgary for defenceman

The Ottawa Senators have dealt forward Alex Chiasson to the Calgary Flames in exchange for defenceman Patrick Sieloff.

Chiasson scored 19 goals and added 21 assists in 153 games over two seasons with the Senators.

Sieloff scored two goals, nine assists and 54 penalty minutes in 52 games with the AHL's Stockton Heat.

THE CANADIAN PRESS

Preds forge deal with Filip

The Nashville Predators have signed forward Filip Forsberg to a six-year, $36-million contract Monday, locking up one of their brightest young stars long term.

The 21-year-old Swede led the Predators in goals (33) and points (64) for the second straight season in 2015-16. THE ASSOCIATED PRESS

Raonic tops Spaniard to advance at Wimbledon

Milos Raonic advanced to the second round of Wimbledon on Monday with a 7-6 (4), 6-2, 6-4 win over Spain's Pablo Carreno Busta.

The sixth-seeded Canadian used his big serve to his advantage, firing 27 aces past Carreno Busta in a match that took one hour 53 minutes to complete.

THE CANADIAN PRESS

Dodgers evade sweep

A.J. Ellis hit a tiebreaking, two-out infield single that capped a four-run fifth inning, and the Los Angeles Dodgers rallied to beat the Pittsburgh Pirates 5-4 Monday and salvage the finale of a four-game series.

Scott Kazmir won despite allowing four runs, in five innings. THE ASSOCIATED PRESS

Henry Burris will miss Week 2's start after hurting his pinky finger on Saturday in Edmonton. JASON FRANSON/THE CANADIAN PRESS

Redblacks avoid QB despair due to depth

CFL

Harris to take reins in Week 2 with Burris hurt

The Ottawa Redblacks are cashing in their Trevor Harris insurance policy already.

Harris will make his first start as quarterback for Ottawa against the Montreal Alouettes Thursday night as starter Henry Burris recovers from a hand injury.

Burris, last year's Most Outstanding Player, injured his right pinky finger during Saturday's 45-37 win over the Edmonton Eskimos and was placed on the one-game injured list Monday.

It marks the first time in nine years that Burris will miss a start due to injury.

The 41-year-old suffered the injury in the third quarter on a play-action as his hand hit a helmet, and on the next play Burris struggled to handle the snap and fell on the ball. Burris was 23-for-31 for 251 yards and one TD.

He will see a hand specialist Tuesday and is hopeful to return to action soon.

"You want to be smart when making a decision on your body and especially this early in the season on when to try to push it and when not to push it," Burris said. "If it's something that could be short term you don't want to turn it into a long-term problem."

Signing Harris in the off-season was thought to be a move for the Redblacks' future, but his timeline has now moved up.

> **"I prepare every single week like I'm going to play."**
> Trevor Harris

Harris finished the game 17-of-19 for 292 yards and three touchdowns.

"He did a great job, we didn't miss a beat," said Ottawa GM Marcel Desjardins. "Henry had been playing at a very high level and he just stepped in and ran with it and did a great job. We're fortunate to be in that position.

Trevor Harris TORSTAR NEWS SERVICE FILE

"I knew (signing him) was an extremely smart decision back in February so this is justification."

The 30-year-old Harris admitted he expected to treat this year like a red-shirt season playing behind Burris.

"When you play behind ironman, he just never gets hurt and he got a freak accident with a finger and obviously I wasn't expecting to play early on, but the time's here and you've got to be ready to go at any time."

THE CANADIAN PRESS

WEEK 1 IN REVIEW

Rainey's run an eye opener for Lions

There was no shortage of big plays last week but for sheer excitement it's tough to beat Chris Rainey's effort in the B.C. Lions' win over the Calgary Stampeders.

Rainey's 72-yard punt return TD in the fourth quarter was not only electric but rallied B.C. to the 20-18 home victory. Rainey scored earlier on a one-yard run.

Last September, Rainey accumulated a whopping 333 return yards and scored two TDs in the Lions' 35-23 loss to Calgary. He also registered a 64-yard TD run for Montreal in its 50-17 defeat of B.C. in the '14 East semifinal.

The Lions' dramatic win came before 21,386 spectators at BC Place stadium, the smallest home crowd on the CFL's opening week of play. But it marked a victorious return to the sidelines for Wally Buono.

Chris Rainey THE CANADIAN PRESS

Buono leads CFL with 255 career regular-season coaching victories. He initially left as Lions head coach after leading the franchise to the 2011 Grey Cup title to concentrate full-time on his duties as GM. Buono, who's also the Lions' vice-president of football operations, added the coach's job this off-season following the resignation of Jeff Tedford.

The largest opening-night crowd came in Edmonton on Saturday with 27,846 taking in Ottawa's dramatic 45-37 overtime win in a rematch of last year's Grey Cup game.

On Thursday night, 24,812 witnessed Toronto's first-ever regular-season contest at BMO Field, a 42-20 loss to arch-rival Hamilton. The following night, 26,433 spectators watched Montreal's 22-14 win in Winnipeg.

THE CANADIAN PRESS

RECIPE Roasted Chicken and Grapes

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Well, you didn't see that coming did you? But the sweetness of the grapes is a lovely counterpart to the rich balsamic and earthy thyme in the sauce.

Ready in
Prep time: 5 minutes
Cook time: 25 minutes

Ingredients
- 1 Tbsp olive oil
- 4 chicken thighs
- 2 shallots, sliced
- 3 cloves of garlic, minced
- 3 cups red seedless grapes
- 1 cup chicken stock
- 1 Tbsp balsamic vinegar
- 1 Tbsp brown sugar
- 2 Tbsp dried thyme

Directions

1. Preheat the oven to 400 F. In a large, oven-safe skillet, warm up olive oil over medium high heat. Brown — but don't cook through — the chicken thighs, about 3 minutes each side. Remove the chicken from the skillet and place on a rack.

2. Reduce the heat under the skillet to medium and toss in the shallots and garlic. Cook for about 3 minutes until they soften. Add the grapes, stock, vinegar, sugar and thyme and give everything a good stir. Allow the sauce to begin to simmer.

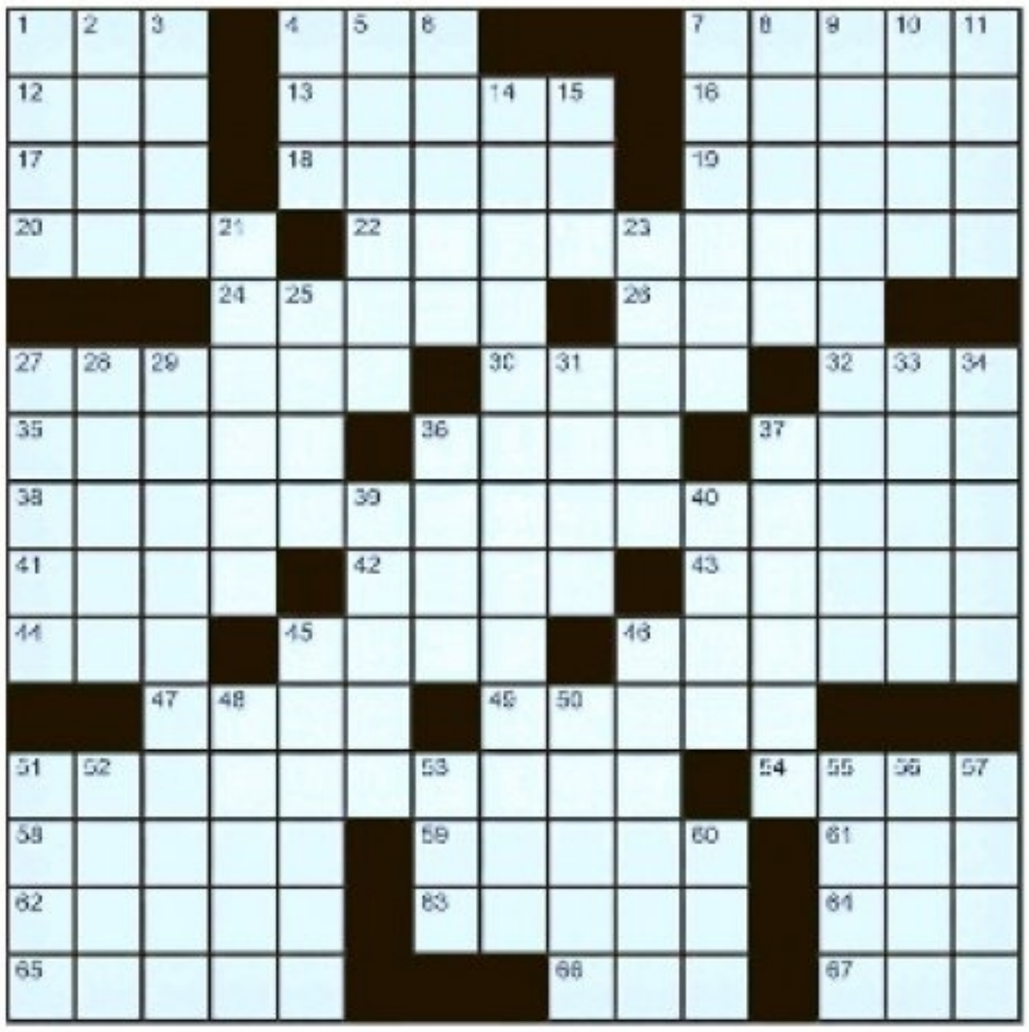
3. Nestle the chicken pieces into the sauce and place the skillet in the oven. Bake for 20 minutes.

4. Serve over couscous, mashed potatoes or polenta.

FOR MORE MEAL IDEAS, VISIT SWEETPOTATOCHRONICLES.COM

CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. MLB's Cubs city
4. _ Red apple
7. A&E's scary show, "_ Motel"
12. Conned
13. "Not Ready To Go" by Canadian band The _
16. Bright lizard
17. "_ say!" (And how!)
18. Andrea _ (Ill-fated luxury liner in 1956)
19. Example of a herbivorous odd-toed ungulate
20. Treble _
22. _ wipers
24. Norwegian playwright Henrik
26. Female octopi
27. With pleasantness
30. "Stanley & _" (1990)
32. Sugar amt.
35. Ontario village called 'Toronto without the Ts'
36. Rotate
37. Italian harp
38. 'Lowbush' fruits produced in Eastern Canada: 2 wds.
41. Cape Breton, et al.
42. Energy units
43. Are Not, contracted
44. "_ sells seashells..."
45. BBC, fun-style
46. Rids
47. Dressed
49. House-topper rims
51. Astronaut's dreamed-of work area: 2 wds.
54. Tropical tuber
58. Workplace group
59. PC screen clickees
61. Goldie, to Kate
62. Quarried construction material
63. Red Hot _ Peppers
64. French pronoun
65. Hues
66. Empire State Bldg. location
67. Commonly, in poems

DOWN
1. Stylish
2. Lecture lieu
3. Still
4. "_ be my pleasure."
5. Groggy
6. Cliff nest
7. Get cleans
8. Once more
9. Lush wall hangings
10. Oscar-winner Mr. Jannings
11. Baby Atlantic Herring, wee-ly
14. Vacation town in Manitoba, it makes a splash!: 2 wds.
15. "_ Songs (Say So Much)" by Elton John
21. Demons
23. Glisten
25. Steve McQueen sci-fi film, "The _" (1958)
27. _ _ not the time (Later is better)
28. From Dublin's country
29. Assemblage
31. BBQ servings
33. Used up
34. Histories
36. Positive
37. "You're under _!" (Police officer's exclamation)
39. 1970 album by The Who: 'Live at _'
40. Trendy = All the _
45. Books: _ & Noble
46. Equally
48. Sierra _
50. Flip _ _ (Choose by chance)
51. Depose
52. To, archaically
53. Small photograph
55. Weaponry, wee-ly
56. Skylight's location
57. Cut
60. Command to an attack dog!

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Your freedom is important to you today, which is why you might be impulsive or do something others least expect. Well, that's the Aries way, isn't it? (Get used to it!)

Taurus April 21 - May 21
You feel restless today. You have that feeling that you're waiting for the other shoe to drop or something like that. Don't worry, because this feeling will be gone by tomorrow.

Gemini May 22 - June 21
A friend might surprise you by doing or saying something unusual. Or perhaps, you will meet someone who is a real character. Oh well, it's not a boring day!

Cancer June 22 - July 23
Be polite and respectful when talking to authority figures today, because you might be tempted to be just the opposite. If someone catches you off guard, don't be lippy. And don't quit your day job.

Leo July 24 - Aug. 23
Travel plans will be interrupted, delayed or canceled today. Likewise for schedules with colleges and universities. Count on it.

Virgo Aug. 24 - Sept. 23
Check your bank account and matters related to inheritances, insurance issues and shared property, because something unexpected might happen. Make sure you are on top of things.

Libra Sept. 24 - Oct. 23
A friend or partner might throw you a curveball today. Or perhaps this person will demand more freedom in the relationship. It could be anything.

Scorpio Oct. 24 - Nov. 22
Your work routine will be interrupted today because of computer crashes, power outages, fire drills, canceled meetings or staff shortages. Give yourself extra time so that you can cope with the unexpected.

Sagittarius Nov. 23 - Dec. 21
This is a mildly accident-prone day for your kids, so be vigilant. Likewise, social events might be canceled or rescheduled — including sports.

Capricorn Dec. 22 - Jan. 20
Small appliances might break down at home today, or minor breakages could occur because something unexpected will take place at home. Perhaps someone unusual will knock on your door.

Aquarius Jan. 21 - Feb. 19
This is a mildly accident-prone day, so pay attention to everything you say and do. However, you're also full of clever, bright, original ideas!

Pisces
Feb. 20 - March 20
Watch your money and possessions today. Guard them against loss or theft. You might find money, or you might lose money. What you want to do is be aware.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

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YESTERDAY'S ANSWERS

Your daily crossword and Sudoku answers from the play page.

for more fun and games go to metronews.ca/games

8	5	3	2	6	9	7	4	1
6	7	9	4	5	1	8	2	3
4	1	2	3	8	7	6	5	9
1	8	4	7	3	2	9	6	5
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3	2	5	1	9	6	4	7	8
5	6	7	8	1	3	2	9	4
9	4	1	6	2	5	3	8	7
2	3	8	9	7	4	5	1	6